



Warning Signs of Suicide

Call 2-1-1, Text CONNECT to 741 741,
suicidepreventionlifeline.org

If you are in crisis, call:

9-1-1 – Emergency Number for medical emergencies including suicide attempts.

2-1-1 – Crisis Emergency Number for health and human services including mental health emergencies. (Alternate Phone #406-586-3333)

OR

Go to nearest emergency room.

OR

Call a trusted friend to help.

You are worth saving and we care!

Suicide Hotline – 1-800-273-8255
or TEXT MT to 741 741
suicidepreventionlifeline.org



Local Resources: Livingston HealthCare (406) 222-3541,
Community Health Partners (406) 222-1111, Therapist

Talking about: Wanting to die - Great guilt or shame - Being a burden to others

Feeling: Empty, hopeless, trapped, or having no reason to live - Extremely sad, more anxious, agitated, or full of rage - Unbearable emotional or physical pain

Changing behavior, such as: Making a plan or researching ways to die - Withdrawing from friends, saying good bye, giving away important items, or making a will - Taking dangerous risks such as driving extremely fast - Displaying extreme mood swings - Eating or sleeping more or less - Using drugs or alcohol more often – Sudden euphoria

Statements like:

"I'm thinking about killing myself"

"Things will be better when I'm gone"

"The pain will never stop unless I do something"

"I want to go to sleep and never wake up"

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

Behavioral Health Resources

24/7 Crisis Lines

[MONTANA 2-1-1- 211 \(Alternate Phone #406-586-3333\)](tel:406-222-2111)
[ASPEN: 406-222-8154](tel:406-222-8154)
[Bozeman Help Center Hotline: 406-586-3333](tel:406-586-3333)
[CRISIS: text MT to 741-741](tel:406-741-7414)
[Montana Suicide Prevention Lifeline: 1-800-273-TALK \(8255\)](tel:1-800-273-2255)
[RISE: 406-223-LIFE \(5433\)](tel:406-223-5433)

Websites

<http://SuicidePreventionLifeline.org/GetHelp/LifelineChat.aspx>
<http://Suicide.org>
<http://Save.org>
<http://thriveformontana.com/learn>
<http://www.nimh.nih.gov/index.shtml>
<http://aa.org>
<http://na.org>
<http://gamblersanonymous.org>
<http://oa.org>
<http://aspenmt.org>

Type and Contact

Address

Phone

e-mail

Type and Contact	Address	Phone	e-mail
Child, Adolescent, Adult, and Family Therapy (Livingston)			
• Adney, Joanne - LCSW- Children, adolescents, play therapy	108 ½ Callender St. Livingston, MT 59047	222-1111	
• Berglund, Becky - LCPC- Grief, loss, trauma, life transitions	119 ½ Park St. #4 Livingston, MT 59047	405-599-3528	Bberglund11@gmail.com
• Campbell, Meriweather - LCPC, LAC- Expressive art therapies, trauma, alcoholism, substance abuse	124 South Main St. #204 Livingston, MT 59047	223-8773	
• Delich, Donna - LCSW, LAC- Adults, trauma, addiction	320 North Main St. #4 Livingston, MT 59047	223-3104	DonnaDelich@gmail.com
• Gidley, Allison - MS	124 S Main St. #213 Livingston, MT 59047	570-2022	
• Hillegass, Christine - PsyD- Adults, postpartum	76 Kindsfather Dr. Livingston, MT 59047	220-0151	
• Howell, Maya - LCSW	108 ½ Callender St. Livingston, MT 59047	222-1111	
• Jergenson, Rachel - PsyD- Military, depression, anxiety, loss, trauma	124 South Main St. #201 Livingston, MT 59047	224-0727	
• Jones, Larry - LCSW- Adults	121 E Callender St. Livingston, MT 59047	222-0511	
• Karls, Jason - Adolescents	Eastside Elementary School Livingston, MT 59047	222-1773	Jason.Karls@livingston.k12.mt.us
• Karls, Sarah -MS,LCPC- Mood or personality disorders, grief, relational issues, depression, PTSD	Livingston, MT 59047	282-4670	
• Maher, Lesa - Chief Juvenile Probation Officer- Adolescents	414 East Callender St. #105 Livingston, MT 59047	222-4162	LMaher@parkcounty.org
• May, Christine -LCSW, LAC- Addiction, trauma, codependency, mindfulness, spirituality	320 North Main St. #2 Livingston, MT 59047	223-6827	
• McGrath, Debra - MSC- Grief, loss, trauma, life transitions	215 East Lewis St. Livingston, MT 59047	223-8205	
• McNamee, Lisa - LCPC- Adolescents,families,anxiety,depression,grief,PTSD,self-harm,self-esteem,relational issues	119 West Park St. #5 Livingston, MT 59047	222-2949	
• Nelson, Haley - LCPC, LLC	124 South Main St. Livingston, MT 59047	220-2290	HaleyNelsonMS@gmail.com
• Petrulis, Amy -LCSW-Adults,anxiety,depression,goal setting,adoption,parenting,divorce,EMDR,DBT skills,exposure therapy,hypnotherapy	108 ½ Callender St. Livingston, MT 59047	223-2092	
• Plauche, Chantelle - LCSW- Adolescents	124 South Main St. #206 Livingston, MT 59047	223-3621	
• Powell, David - LCSW	Livingston Health Care Livingston, MT 59047	223-0886	
• Saunders, Alex - LCPC, LAC- Anxiety, codependency, eating disorders, grief, PTSD, substance abuse	Livingston, MT 59047	570-2241	
• Schunk, Megan - MS, LCPC	Livingston, MT 59047	556-6500	
• Schwartzner, Sonya - MSW, LCSW- Social work	Livingston Health Care	222-3541	
• Sloan, Brayden - LCPC	120 West Callender Street #2 Livingston, MT 59047	222-7641	
• Stuart, April - LAC, LCPC- Addiction	124 S. Main St. #211 Livingston, MT 59047	498-8891	
• Wend, Eleanor -MS LAC - Addiction	New Freedom Counseling, Livingston, MT 59047	220-0183	
• Wortelboer, Hettie - LCPC	215 East Lewis St. #100 Livingston, MT 59047	223-0206	
Psychiatry (Livingston)			
• Swarny, Bruce - MD	Livingston Health Care	222-3541	
Mental Health Services (Big Timber)			
• Big Timber Mental Health Center	515 Hooper Big timber, MT 59011	932-5924	LParrent@scrmhmc.org

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<http://Suicide.org>
<http://Save.org>
<http://thriveformontana.com/learn>
<http://www.nimh.nih.gov/index.shtml>

<http://aa.org>
<http://na.org>
<http://gamblersanonymous.org>
<http://oa.org>
<http://aspenmt.org>

Type and Contact

Type and Contact	Address	Phone	e-mail
Child, Adolescent, Adult, and Family Therapy (Bozeman)			
• Bornstein, Hallie - PhD- PTSD, children, families, couples, adults	935 Highland Blvd #2200 Bozeman, MT 59715	219-3311	Gc-po@hotmail.com
• Fowlie, Patricia - MD- Depression, anxiety, addiction, divorce, grief, relationships, self-esteem, mood disorders	321 East Main St #304 Bozeman, MT 59715	585-7111	
• Lundgren, Karen -LCPC- PTSD, depression, anxiety	2078 Stadium Drive #101 Bozeman, MT 59718	968-0234	karen@bozemancounselorkaren.com
• McKinnie, Michele - PhD- Anxiety, depression, loss, life transitions, creative and identity issues, interpersonal issues, emotional coping problems, personality disorders	582-1321		
• Miquelle, Dana - MSW- Adolescents, adults, anger, Autism, anxiety, Bipolar, Borderline Personality Disorder, OCD, PTSD, relational issues	626 South Ferguson Ave #3 Bozeman, MT 59718	587-8775	
• Murphey, Jim - PhD- Depression, anxiety, couples, trauma, families	333 Haggerty Lane #1 Bozeman, MT 59715	582-1918	
• Riemer, Anne - LCPC- Trauma, sexual abuse, depression, anxiety	420 West Mendenhall Bozeman, MT 59715	318-6684	
• Scalia, Joseph - PsyD- Works with full range of neuroses and psychoses	14 South Willson Avenue Bozeman MT, 59715	580-2235	scaliaIII@gmail.com
• Thatcher, Laurie -LCSW, NCPsy A.- Eating disorders, anxiety, depression	65 West Kagy Boulevard Bozeman, MT 59715	365-1734	Laurie.Thatcher@gmail.com

Psychiatry (Bozeman)			
• Eschler, Jami - MD	2078 Stadium Drive Bozeman, MT 59715	587-0810	
• Peters, John - MD		585-2600	
• Stone, Jessica - MD	626 South Ferguson Avenue #3 Bozeman, MT 59718	586-2429	
• Wilson, Jacqueline - MD	957 Highland Boulevard #5220 Bozeman, MT 59715	586-7515	

Other Community Resources			
• ASPEN - Domestic and sexual abuse	411 East Callender St. Livingston, MT 59047	222-5902	
• Big Brothers Big Sisters - One-on-one, long-term mentorship for children and teens	105 S. 2nd St Livingston, MT 59047	222-1930	
• CASA - Adolescents within judicial system	105 N 2nd St #227, Livingston, MT 59047	222-4904	
• Community Health Partners - For patients who receive primary care at CHP. Anxiety, depression, trauma, parenting, mood disorders, suicide assessments, crisis intervention	108 ½ Callender St. Livingston, MT, 59047	222-1111	
• Family Outreach - Adult and child services		587-2477	
• Human Resource Development Council - Youth housing, vouchers, employment	111 South 2nd St. Livingston, MT 59047	585-4858	
• L'esprit - Children, adolescents, adults	124 S Main St. Livingston, MT 59047	222-7641	
• Livingston Health Care - Financial counselors to assist in obtaining insurance for children or adults		823-6623	
• Livingston Mental Health Center - Mental health, substance use, and co-occurring disorders	1315 W Crawford Livingston, MT 59047	585-5120	
• Livingston Urgent Care		222-0300	
• Montana Department of Public Health and Human Services	Dphhs.mt.gov/amdd/suicide		
• Montana Peer Network - Individuals in recovery from addiction	109 E Lewis St. Livingston, MT 59047	551-1058	
• Park County Medicaid		222-8000	
• Southwest Chemical Dependency - Outpatient treatment for substance use disorder	430 E Park St Livingston, MT 59047	222-2812	
• Yellowstone Boys and Girls Ranch - Broad array of services for children & families	5237 Hwy 89 South # 1 Livingston, MT 59047	222-6490	charisel@ybgr.org
• Youth Dynamics - Behavioral health for children and families	817 W Park St Livingston, MT 59047	222-6610	meltzerc@youthdynamics.org

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Resources: Livingston HealthCare (406) 222-3541, Community Health Partners (406) 222-1111, Therapist, <https://www.psychiatry.org/patients-families/depression/what-is-depression>

DEPRESSION: Over the last 2 weeks, how often have you been bothered by any of the following problems?	Not at all	Several days	More than half the days	Nearly every day	
	1 Little interest or pleasure in doing things	0	1	2	
2 Feeling down, depressed, or hopeless	0	1	2	3	
3 Trouble falling or staying asleep, or sleeping too much	0	1	2	3	
4 Feeling tired or having little energy	0	1	2	3	
5 Poor appetite or overeating	0	1	2	3	
6 Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3	If total score is between 5 and 14, see your physician.
7 Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3	
8 Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3	If total score is over 15, see your physician immediately.
9 Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3	
				Total score	<input type="text"/>

If you checked off any problem on this questionnaire so far, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?	Not Difficult At All	Somewhat Difficult	Very Difficult	Extremely Difficult	Very or Extremely Difficult, see your physician immediately.
		0	1	2	

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Anxiety

Over the last 2 weeks, how often have you been bothered by the following problems for at least half the day?	Not At All (0)	Several Days (1)	Over Half the Days (2)	Nearly Every Day (3)
1. Feeling nervous, anxious, or on edge				
2. Not being able to stop or control worrying				
3. Worrying too much about different things				
4. Trouble relaxing				
5. Being so restless that it's hard to sit still				
6. Becoming easily annoyed or irritable				
7. Feeling afraid as if something awful might happen				

If your total score is 10 or more, you may meet the criteria for generalized anxiety disorder. No test is completely accurate. You should always consult your physician when making decisions about your health. **Remember: It's okay to ask for help.**

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Resources: Livingston HealthCare (406) 222-3541, Community Health Partners (406) 222-1111, Therapist, www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma

Trauma

- * Anxiety or panic attacks that occur in what would be considered normal situations
- * A feeling of shame; an innate feeling that they are bad, worthless, or without importance
- * Suffering from chronic or ongoing depression
- * Practicing avoidance of people, places, or things that may be related to the traumatic event; this also can include an avoidance of unpleasant emotions
- * Flashbacks, nightmares, and body memories regarding the traumatic event
- * Alcohol addiction, drug addiction, other addictions and eating disorders in an attempt to escape or numb negative emotions
- * Sleeping issues including trouble going to sleep or staying asleep
- * Suffering from feelings of detachment or feeling "dead inside" (This is perhaps the most devastating of the signs, because it creates a feeling of loneliness and isolation.)
- * Dissociation as a real disconnect in situations and conversations
- * Hypervigilance (a constant feeling of being on guard)
- * Suicidal thought or actions - Uncontrollable anger; acting on it
- * Self harm, cutting, and mutilation - Not being able to tolerate conflicts as they once would have
- * Unexplained or irrational fears of people, places, or things

If you identify with any, or all, of the signs above, then you may want to ask yourself if it's time to talk with a therapist about your trauma. Is it easier to function as you are, or to work through the pain you have suffered? It's a question that only you can answer, but rest assured, you are not alone.

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Resources: Livingston HealthCare (406) 222-3541, Community Health Partners (406) 222-1111, Therapist, ASPEN-Abuse Support & Prevention Education Network 24/7 Support Line: 406-222-8154, www.aspenmt.org

Emotional Abuse

- § Repeatedly gives you destructive criticism, verbal threats and brow beating.
- § Always claims to be right.
- § Excludes you from making decisions and claims to be the head of the household.
- § Abuses your trust by lying, hiding important information and papers, cheating or being inappropriately jealous.
- § Minimizes or denies abusive behavior.
- § Constantly shows disrespect, puts you down or embarrasses you in front of others.
- § Harasses you by following you or checking up on you.
- § Prevents you from seeing your relatives or friends or insists on going everywhere with you.
- § Monitors your phone calls.

Physical Abuse

- § Intimidates you through angry or threatening gestures.
- § Destroys your belongings or household items.
- § Coerces you to have sex or perform sexual acts against your will.
- § Kicks, bites, stabs, pushes, burns or chokes you.
- § Uses weapons to threaten or harm you or others you love.

If you answered "yes" to one or more of these statements or experience these forms of emotional and physical abuse in your relationship, you should seek help. Seek help from relatives, friends, law enforcement or community resources.

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Resources: Livingston HealthCare (406) 222-3541, Community Health Partners (406) 222-1111, Therapist, Southwest Chemical Dependency (406) 222-2812, Alcoholics Anonymous – (833) 800-8553, aa.org

Alcohol Use

1. Have you ever decided to stop drinking?
2. Have you ever switched from whiskey to beer or wine?
3. Do you ever need a drink in the morning to feel better?
4. Do you envy people who can drink “normally”?
5. Does alcohol cause you problems at home?
6. Do you ever feel a few drinks is not enough?
7. Do you ever go out for a few drinks and end up drunk?
8. Have you ever missed work (or school) due of drinking?
9. Have you ever ‘blacked-out’ due to alcohol?
10. Do you think you might have a drinking problem?

If you answer yes to four or more of these questions it indicates alcohol consumption is becoming a problem and it may be time to seek help.

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Resources: Livingston HealthCare (406) 222-3541, Community Health Partners (406) 222-1111, Therapist, Southwest Chemical Dependency (406) 222-2812, Narcotics Anonymous – (800) 990-6262, na.org

Drug Use

The actual number of “yes” responses wasn’t as important as how we felt inside and how addiction had affected our lives.

1. Have your friends or relatives asked you to stop using?
2. Do you need to take opiates/drugs to feel normal?
3. Have you tried to stop taking the opiate/drug and failed?
4. Do you need more and more of it to achieve the same result?
5. Do you feel guilty about your opiate/drug use?
6. Do you get anxious when you start to run out of the opiate/drug?
7. Have you hurt someone you love because you were high?
8. Are your finances being hurt by your drug use?
9. Are you having trouble holding a job because of your use?
10. Do you think you might have a drug problem?

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Resources: Livingston HealthCare (406) 222-3541, Community Health Partners (406) 222-1111, Therapist, Southwest Chemical Dependency (406) 222-2812, Gamblers Anonymous – Billings Hotline Number: (406) 860-8287, gamblersanonymous.org

Gambling

- * Did you ever lose time from work or school due to gambling? - Have you ever felt remorse after gambling?
- * Did gambling affect your reputation? - Has gambling ever made your home life unhappy?
- * Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
- * Did gambling cause a decrease in your ambition or efficiency?
- * After losing did you feel you must return as soon as possible and win back your losses?
- * After a win did you have a strong urge to return and win more?
- * Did you often gamble until all your money was gone? - Did you ever borrow to finance your gambling?
- * Have you ever sold anything to finance gambling? - Did you ever gamble longer than you had planned?
- * Were you reluctant to use "gambling money" for normal expenditures?
- * Did gambling make you careless of the welfare of yourself or your family?
- * Have you ever gambled to escape worry, trouble, boredom, loneliness, grief or loss?
- * Have you ever committed, or considered committing, an illegal act to finance gambling?
- * Did gambling cause you to have difficulty in sleeping?
- * Do arguments, disappointments or frustrations create within you an urge to gamble?
- * Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
- * Have you ever considered self-destruction or suicide as a result of your gambling?

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Resources: Livingston HealthCare (406) 222-3541, Community Health Partners (406) 222-1111, Therapist, Overeaters Anonymous – 406-223-3339, oa.org

Food Addiction

- Have you ever wanted to stop eating and found you just couldn't?
- Do you think about food or your weight constantly?
- Do you find yourself attempting one diet or food plan after another, with no lasting success?
- Do you binge and then "get rid of the binge" through vomiting, exercise, laxatives, or other forms of purging?
- Do you eat differently in private than you do in front of other people?
- Has a doctor or family member ever approached you with concern about your eating habits or weight?
- Do you eat large quantities of food at one time (binge)?
- Is your weight problem due to your "nibbling" all day long?
- Do you eat to escape from your feelings?
- Do you eat when you're not hungry?
- Have you ever discarded food, only to retrieve and eat it later?
- Do you eat in secret?
- Do you fast or severely restrict your food intake?
- Have you ever stolen other people's food?
- Have you ever hidden food to make sure you have "enough"?
- Do you feel driven to exercise excessively to control your weight?
- Do you obsessively calculate the calories you've burned against the calories you've eaten?
- Do you frequently feel guilty or ashamed about what you've eaten?
- Are you waiting for your life to begin "when you lose the weight"?
- Do you feel hopeless about your relationship with food?

If you answered yes to any of the above questions, then you may be a food addict.